

Laughter is Healthy

A great way to relieve stress is through laughter. When you spend time with people who make you laugh you will find that it help you relax.

Assessment 3.6 Laughter Inventory

Possible points: 11

Answer the questions and see how you feel after doing this activity. Each

1. Who is the funniest person you know?
2. What is something this person has said or done that has made you laugh?
3. What is the funniest thing that has ever happened to you?
4. Do you like to tell jokes, hear jokes, or both?
5. Who is your favorite comedian?
6. What is your favorite comedy movie? Why do you find it so funny?
7. What is your favorite TV show? Is it a comedy? What makes it so funny?
8. Describe your favorite TV commercial? Is it humorous? Explain.
9. Do you think you have a good sense of humor?
10. Did anything make you laugh today? If so, what?
11. By the time you completed this assignment did you have a smile on your face